



Breakfast Menu - Main

April 2024

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24months Old – m/ma ½oz, fruit ¼c, grain ½oz, 4oz Plain Whole Milk

24months – 36months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ½ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 Cinnamon Toast Crunch Fruit Milk	April 2 Yogurt Fruit Milk	April 3 WG Blueberry Muffin Fruit Milk	April 4 Corn Flakes Fruit Milk	April 5 WG Waffle Fruit Milk
April 8 WG Rice Krispies Fruit Milk	April 9 Yogurt Fruit Milk	April 10 WG Corn Muffin Fruit Milk	April 11 Trix Fruit Milk	April 12 WG French Toast Fruit Milk
April 15 WG Cheerios Fruit Milk	April 16 Yogurt Fruit Milk	April 17 WG Apple Cinnamon Muffin Fruit Milk	April 18 Cinnamon Toast Crunch Fruit Milk	April 19 Scrambled Egg Fruit Milk
April 22 Corn Flakes Fruit Milk	April 23 Yogurt Fruit Milk	April 24 WG Banana Muffin Fruit Milk	April 25 WG Rice Krispies Fruit Milk	April 26 WG Pancake Fruit Milk
April 29 WG Cheerios Fruit Milk	April 30 Yogurt Fruit Milk	May 1 WG Blueberry Muffin Fruit Milk	May 2 Cinnamon Toast Crunch Fruit Milk	May 3 WG Waffle Fruit Milk

WG = Whole Grain

Fruit options vary when in season, viable options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

****All Cereals contain no more than 6 grams of sugar per dry ounce****

****All Yogurt contains no more than 23 grams of sugar per 6 ounce serving****